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Senior Lifestyles Conference on October 21

"Remembering Our Rural Heritage" will be the focus of a award winning author Dr. Jerry Apps in his keynote address at the 11th annual Senior Lifestyles Conference. Dr. Apps is a master storyteller and historian of rural life in Wisconsin. His conference keynote will blend nostalgia with his own special brand of storytelling. The conference, sponsored by the Waukesha County Department of Senior Services and co-sponsored this year by Blue Cross & Blue Shield United of Wisconsin, will take place on October 21, 2002 at the Country Inn.

The conference includes workshops and exhibits on contemporary senior issues. This year attendees may enroll in three workshops, choosing from Skin Care, Physical Activity & Aging, Auto Care, Civil War, Short Get-Away Trips in Wisconsin (Discover Wisconsin television show), Risk Factors for Heart Health, Historical Homes in Waukesha County, Caregiving Aids, Don't Be the Next Crime Victim, You Are What You Eat, Volunteer Opportunities of a Lifetime, and AARP's 55 Alive Driver Safety Program. Waukesha County Public Health Division will offer flu and pneumonia shots for seniors attending the conference, and blood pressure and stroke screening will be available from the American Stroke Association.

The conference runs from 8:00 AM to 2:50 PM. Registration fee of \$12.00 includes all conference activities, morning coffee and rolls, lunch, and door prizes donated by area organizations and businesses.

Pre-registration by October 7 is required. Registration brochures and additional information are available from the Waukesha County Department of Senior Services, telephone 262/548 - 7848.